

Cognitive Reflection Test (CRT) Practice (Sample)

Study Guide



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Questions

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- 1. What action should a nurse recommend if a caregiver reports increased restlessness in a client taking Donepezil?**
 - A. Ensure the client stays at home**
 - B. Bring the client for testing**
 - C. Continue the medication as prescribed**
 - D. Reduce the medication dosage**
- 2. True or False: The CRT has been shown to have a strong correlation with other measures of intelligence.**
 - A. True**
 - B. False**
 - C. It depends on the context**
 - D. Only in certain demographics**
- 3. How many times can you subtract 5 from 25?**
 - A. 5 times**
 - B. 4 times**
 - C. Once**
 - D. Never**
- 4. Which behavior might indicate that a client with dementia has impaired judgment?**
 - A. Consistently following a daily schedule**
 - B. Providing appropriate verbal responses**
 - C. Making spontaneous and risky financial decisions**
 - D. Following nursing directions accurately**
- 5. Why is practice useful for improving CRT scores?**
 - A. It has no effect on scores**
 - B. Practice can enhance intuitive thinking**
 - C. Practice can enhance recognition and override of intuitive thinking patterns**
 - D. Practice only helps with memorization**

- 6. Which findings would support a diagnosis of Parkinson disease?**
- A. Intentional tremors**
 - B. Masklike facial expression**
 - C. Normal reflexes**
 - D. Improved motor coordination**
- 7. What is a key feature of questions designed for the CRT?**
- A. They only test mathematical skills**
 - B. They emphasize intuitive answers**
 - C. They avoid questions with clear intuitive answers to encourage reflection**
 - D. They are based on verbal reasoning exclusively**
- 8. Which skill is particularly emphasized by the Cognitive Reflection Test?**
- A. Quick decision-making under pressure**
 - B. Ability to recognize visual patterns**
 - C. Suppressing intuitive responses in favor of analytical thinking**
 - D. Time management while answering questions**
- 9. How many sides does a hexagon have?**
- A. 4 sides**
 - B. 5 sides**
 - C. 6 sides**
 - D. 7 sides**
- 10. What is the next number in the sequence: 2, 4, 8, 16?**
- A. 30**
 - B. 24**
 - C. 32**
 - D. 64**

Answers

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1. B
2. B
3. C
4. C
5. C
6. B
7. C
8. C
9. C
10. C

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Explanations

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1. What action should a nurse recommend if a caregiver reports increased restlessness in a client taking Donepezil?

- A. Ensure the client stays at home**
- B. Bring the client for testing**
- C. Continue the medication as prescribed**
- D. Reduce the medication dosage**

Recommending to bring the client for testing is appropriate in this scenario because increased restlessness can be a side effect of donepezil or may indicate a change in the client's condition. Donepezil is often prescribed for Alzheimer's disease and functions by increasing levels of acetylcholine in the brain, which can sometimes lead to side effects, including restlessness or agitation. When a caregiver observes increased restlessness, it signals a need for further evaluation to determine the underlying cause. This could involve assessing the effectiveness of the medication, considering potential interactions with other medications, or identifying any other factors contributing to the restlessness. By bringing the client for testing, healthcare professionals can accurately assess the situation, make informed decisions about medication management, and adjust treatment as necessary to ensure the client's comfort and safety.

2. True or False: The CRT has been shown to have a strong correlation with other measures of intelligence.

- A. True**
- B. False**
- C. It depends on the context**
- D. Only in certain demographics**

The correct answer is that the CRT (Cognitive Reflection Test) does not have a strong correlation with traditional measures of intelligence. This stems from the CRT's focus on assessing an individual's tendency to reflect on their instinctive responses and engage in deeper analytical thinking. Unlike conventional intelligence tests, which often emphasize cognitive abilities such as problem-solving, logic, and reasoning, the CRT specifically targets cognitive reflection—the ability to question intuitive answers and seek out the correct solution through critical thinking. Research has shown that individuals who score well on the CRT are adept at resisting misleading intuitive answers and are more likely to engage in reflective thinking. However, this skill does not necessarily translate to broader intelligence measures like IQ tests. Therefore, the notion that the CRT aligns closely with intelligence metrics does not hold up, making the assertion false. This distinction highlights the unique nature of the CRT as a tool for assessing cognitive reflection rather than a comprehensive measure of overall intelligence.

3. How many times can you subtract 5 from 25?

- A. 5 times**
- B. 4 times**
- C. Once**
- D. Never**

When considering how many times you can subtract 5 from 25, the key lies in the phrasing of the question. You can subtract 5 a single time from 25, resulting in 20. After that first subtraction, you are no longer subtracting from 25; you are subtracting from the result of the previous operation. The question is designed to encourage critical thinking about the semantics of the phrasing rather than following straightforward arithmetic. By reframing the context, it highlights the cognitive aspect of processing the information presented rather than simply executing a calculation. Thus, the answer focuses on the act of subtracting specifically from the original amount (25) only once before moving to a different number (20).

4. Which behavior might indicate that a client with dementia has impaired judgment?

- A. Consistently following a daily schedule**
- B. Providing appropriate verbal responses**
- C. Making spontaneous and risky financial decisions**
- D. Following nursing directions accurately**

The behavior that indicates impaired judgment in a client with dementia is making spontaneous and risky financial decisions. In the context of dementia, impaired judgment can manifest in various ways, but when it comes to financial decisions, it often leads to choices that are impulsive and not well thought out. This may include spending large sums of money without considering the consequences, falling for scams, or making investments that are not appropriate for their situation. Such decisions demonstrate a lack of understanding and foresight, which are crucial components of sound judgment. In contrast, consistently following a daily schedule, providing appropriate verbal responses, and following nursing directions accurately are behaviors typically associated with an ability to comprehend and execute tasks effectively, signifying preserved cognitive functions in those areas.

5. Why is practice useful for improving CRT scores?

- A. It has no effect on scores
- B. Practice can enhance intuitive thinking
- C. Practice can enhance recognition and override of intuitive thinking patterns**
- D. Practice only helps with memorization

Practice is particularly beneficial for improving Cognitive Reflection Test (CRT) scores because it helps individuals develop the ability to recognize and override intuitive thinking patterns. In CRT, individuals often encounter questions that trigger an immediate, gut-level response. This rapid intuitive reaction can lead to incorrect answers if the person does not engage in reflective thinking to analyze and reconsider the response. Through practice, individuals become more familiar with the types of questions typically found in the CRT and learn to identify the common pitfalls associated with intuitive answers. As they engage with various scenarios and questions repeatedly, they cultivate a greater awareness of their own cognitive processes. This allows them to question their first instinct and apply more analytical reasoning to arrive at the correct answer, ultimately leading to higher scores. The other options do not accurately capture the essence of what practice accomplishes in relation to CRT. Rather than enhancing intuitive thinking, which can be counterproductive in a test designed to measure reflective reasoning, practice focuses on improving the recognition of these intuitive patterns and developing the skills to override them when necessary. Likewise, while practice can aid memorization to some extent, the primary benefit lies in fostering a deeper understanding of the cognitive strategies necessary for successful CRT performance.

6. Which findings would support a diagnosis of Parkinson disease?

- A. Intentional tremors
- B. Masklike facial expression**
- C. Normal reflexes
- D. Improved motor coordination

A masklike facial expression, also known as hypomimia, is a hallmark symptom of Parkinson's disease. This characteristic is due to the loss of facial muscle control associated with the disease, which results in reduced expressiveness and an overall rigid appearance. Patients exhibiting this symptom often show less movement in their facial muscles, contributing to a flat or "mask-like" look, which is specifically associated with Parkinson's. In contrast, intentional tremors, which refer to tremors that occur with purposeful movement, are not typical of Parkinson's disease but may be associated with other conditions such as essential tremor or cerebellar disorders. Normal reflexes can occur in individuals with Parkinson's; however, abnormalities like bradykinesia or rigidity are more diagnostic. Lastly, improved motor coordination is unlikely in Parkinson's patients, who generally experience a decline in this area as the condition progresses. These aspects highlight why the masklike facial expression is a key support for a diagnosis of Parkinson's disease.

7. What is a key feature of questions designed for the CRT?

- A. They only test mathematical skills
- B. They emphasize intuitive answers
- C. They avoid questions with clear intuitive answers to encourage reflection**
- D. They are based on verbal reasoning exclusively

A key feature of questions designed for the Cognitive Reflection Test (CRT) is that they focus on prompting individuals to think beyond their initial, intuitive responses. The goal of the CRT is to measure cognitive reflection, which involves the ability to analyze problems more deeply and reflectively, rather than simply relying on gut feelings or immediate reactions. In this context, the test questions often present scenarios where an intuitive answer might be misleading, thus encouraging participants to reconsider their immediate thoughts and engage in more analytical reasoning. This characteristic aligns with the intention of the CRT to draw out critical thinking and careful deliberation, rather than allowing candidates to simply fall back on their instinctive or surface-level judgments. While the CRT may include various skills, such as mathematical reasoning or verbal cognition, the emphasis is not on testing those skills alone but rather on understanding how individuals reflect on their potential answers. Hence, the design effectively avoids questions that yield clear intuitive answers, as the essence of the test lies in revealing the thought processes involved in arriving at a more reflective and accurate solution.

8. Which skill is particularly emphasized by the Cognitive Reflection Test?

- A. Quick decision-making under pressure
- B. Ability to recognize visual patterns
- C. Suppressing intuitive responses in favor of analytical thinking**
- D. Time management while answering questions

The Cognitive Reflection Test emphasizes the ability to suppress intuitive responses in favor of analytical thinking. This test is designed to measure how well individuals can override their gut instincts and apply more deliberate reasoning to arrive at the correct conclusion. Many of the questions in the CRT are structured to elicit an immediate, often incorrect response based on intuition. Those who excel in the test demonstrate a capacity for critical thinking, reflecting on their initial conclusions, and assessing whether they align with logical reasoning. In contrast, the focus on quick decision-making under pressure, recognizing visual patterns, and time management does not align with the main objective of this assessment. The CRT encourages deep cognitive processing rather than rapid responses or perceptual skills, highlighting the importance of critical thinking over initial intuitive judgments.

9. How many sides does a hexagon have?

- A. 4 sides**
- B. 5 sides**
- C. 6 sides**
- D. 7 sides**

A hexagon is defined as a polygon with six sides. The roots of the term "hexagon" can be traced back to the Greek words "hex," meaning six, and "gonia," meaning angle. Thus, when considering the properties and definitions of polygons, it's clear that a hexagon must contain exactly six line segments, each connected at their endpoints to form the shape. This fundamental characteristic is what identifies a hexagon among other polygons. The other options do not align with the definition of a hexagon. A polygon with four sides is a quadrilateral, five sides correspond to a pentagon, and seven sides refer to a heptagon. Each of these shapes has distinct properties and classifications based on the number of sides, but only the definition of a hexagon pertains to having exactly six sides, reaffirming that the choice of six sides is indeed the correct answer.

10. What is the next number in the sequence: 2, 4, 8, 16?

- A. 30**
- B. 24**
- C. 32**
- D. 64**

The correct answer is 32 because the sequence given is a series of numbers where each number doubles the previous one. Starting with 2, if you multiply it by 2, you get 4. Multiplying 4 by 2 gives you 8. Continuing this pattern, when you multiply 8 by 2, the result is 16. Following the same logic, multiplying 16 by 2 results in 32, which is the next number in the sequence. This doubling pattern is a common mathematical operation known as exponential growth, specifically increasing by a factor of 2. Each correct choice that diverges from this pattern, such as 30, 24, or 64, does not follow the established doubling rule of the sequence. Thus, the number that naturally follows in the progression is indeed 32.